

## Vomiting and Diarrhea Dietary Management

The following dietary management ideas are recommended at first signs of vomiting and diarrhea. If the vomiting and/or diarrhea persist or your pet is acting "sick", call your veterinarian at (641)421-1811.

### Vomiting

- Withhold all food and water for 12 hours
- When no vomiting has occurred for 12 hours, begin to offer small amounts of water.
- If no vomiting occurs for 24 hours, begin to offer small amounts of a highly digestible food 3-6 times daily.

Prescription canned food is available at your veterinarian's office that can be given to help calm their stomach. If you prefer to cook for your pet, you can mix one part cooked and drained chicken or hamburger with three parts cooked rice. The rice is the digestible component that will help prevent further digestive upset. The hamburger or chicken is simply to encourage your pet to eat the rice.

- If no vomiting occurs for 48 hours, gradually return your pet to full feed of the highly digestible diet over the next 3-5 days.
- If your pet is acting normally with no vomiting after 4-6 days, you can return your pet to their regular diet. It is best not to return your pet to their regular diet until they have been acting normally with no vomiting for at least 2 days in a row otherwise your pet may revert back to their initial digestive upset.

### Diarrhea

- No food should be given for 12 hours. Do NOT restrict water intake, unless vomiting is also present.
- After 12 hours, feed small amounts of a highly digestible food. It is best to begin with one-third the amount you would normally feed your pet each day.

Your veterinarian has prescription food that can help resolve diarrhea. If you prefer to cook for your pet, you can mix one part cooked and drained chicken or hamburger with three parts cooked rice. The rice is the digestible component that will help prevent further digestive upset. The hamburger or chicken is simply to encourage your pet to eat the rice. Canned pumpkin can also be added to help bulk up the stools a little faster. Note: It is plain canned pumpkin, not the pumpkin pie filling with all of the extra seasonings mixed in.

- Over the next few days, gradually increase the amount you are feeding your pet until you reach your normal amount.
- Your pet can be transitioned back to their normal diet after they have had normal stools for two or three straight days.